



LAKEWOOD MIDDLE SCHOOL

WEEKLY CALENDAR

Monday, March 4th

Lunch: Mega mini chicken chunks, curly fries, garden salad, fresh strawberries, chipotle ranch

Tuesday: March 5th

Lunch: Crispito, tortilla chips, refried beans, salsa, mandarin oranges, chocolate chip cookies

6:00pm: PTO Meeting in LMS Staff Development Room

Wednesday, March 6th

9:00am: 7/8th League Vocal Contest at Goddard Eisenhower Leave time: 7:00am

Lunch: Mini corn dogs, waffle fries, cucumber slices, tropical raisels

Thursday, March 7th

Lunch: BBQ pulled pork, green beans, fresh baby carrots, apple slices, BBQ sauce

Friday, March 8th

NO SCHOOL INSERVICE/WORK DAY

SPRING BREAK 8TH-15TH

School News

- Congratulations to Ryleeann Ross for being recognized as our Renaissance Student of the Week. Ryleeann is a caring and friendly student who always looks for opportunities to be helpful in the classroom. She is respectful to her peers and to adults and is responsible for her work. She is always engaged in class and stays on task. She is a joy to teach! Way to be a STaR (safe, teachable, and respectful) student Ryleeann!
- The end of the 3rd quarter is Thursday, March 7. There will be **no school on Friday, March 8** due to teacher in-service/workday. There will be **no school on Monday, March 11 through Friday, March 15 for Spring Break.**

Community Resources

Food/Commodities

*Salina Emergency Food Bank

- Food distribution times are **Monday – Friday at 1:00pm** and **Mondays at 5:00pm**. Shut down times are based on demand.
- Individuals/families can access the food bank once every 7 days (only 3 times a month).
- Needed information:
 - Photo ID for anyone in the home 16 years and up.
 - Name, DOB, and SSN (SSN not mandatory, but preferred if available).
 - Proof of a Saline Co. Address (Utility bill, mail with name and address, lease)
 - There are no income guidelines to utilize this resource.
- The lobby is currently closed – Food bank staff are utilizing the front windows to communicate with individuals.
- Call 785-827-7111 for questions regarding food distribution, financial aid availability, etc.

Parenting Resources

- **CAPS Parenting Classes**
 - A Cure for the Wintertime Blues Monday, January 29th from 6:00-9:00. Learn strategies to teach instead of blame and shame; connect and problem solve with your child and take better care of yourself.
 - Cooperative Parenting in Divorce Mondays, February 12, 19 and 26 from 6:00-8:00. This three session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.

- The Grief Recovery Method Wednesdays, March 6, 20, 27 and April 3, 10, 17, 24 and May 1 from 6:00-8:00. The Grief Recovery Method Support Group is an 8 week program that provides a safe environment, using evidence-based practices, for you to look at your old beliefs about dealing with loss, which losses have affected your life and take actions that will lead you to complete unresolved emotions that may still be causing you pain.
- Internet Safety: Child Predators in the Mobile Age Wednesdays, March 20, 27 and April 3 6:00-8:00. How to keep your kids safe from the ever-changing internet including topics like cyberbullying, sextortion, sexting, online grooming, social media and gaming apps.
- Helping Children with Loss 1st session: Wednesdays, January 10, 17, 24 & 31 6:00-8:30. 2nd session: Tuesdays, February 6, 13, 20 and 27 from 6:00-8:30. For adults to help children deal with death, divorce, moving and other forms of loss. There are many myths and dealing with sad emotions that confuse children, like “time heals all wounds.” In this program you will learn how to replace these myths with practical guidance for your children.
- The Explosive Child Mondays, April 8, 15, 22 & 29 from 6:00-8:00. This class is based on the book of the same title by Dr. Ross Greene, PH.D and New York Times bestselling author. If your child lacks the skills to be flexible, handle frustration and solve problems, this class is for you.
- El Proyeacto Padre (The Parent Project taught en Español) Thursdays, January 18-March 21 from 5:30-8:00. This 10-week series is designed for parents raising difficult or out-of-control adolescents, ages 10 and up. The Parent Project provides concrete, no-nonsense solutions to even the most destructive adolescent behaviors.

Additional info:

- Classes are FREE to attend!
- Free childcare for children under 12 (pre-registration required).
- In-Person classes are held at the CAPS office, 155 N. Oakdale Ste. 200, Salina, KS.
- Times of classes and registration can be found at www.capsosalina.org/parenting-classes/

- **Autism Parent Support Group**

- 1st Tuesday of each month from 5:30-6:45
- OCCK office 1710 W. Schilling Rd. Salina, KS 785-827-9383
- Zoom or Teams link available if unable to attend in person!

- **1800children.org**

- 24/7 parent support. No question is too big or too small when it comes to parenting! Find helpful resources about food, housing, parenting, safety, and legal supports in Salina through this website, or by calling 1-800-CHILDREN. The support provided is free and confidential and available in multiple languages.

Other

- **Laundry Love**

- Quarters and laundry supplies are provided for those who need them to wash and dry their laundry.
 - February 20th from 5:00-9:00 at Speedy Wash Laundromat on Iron Ave.
 - February 24th from 9:00-1:00 at Missing Sock Laundromat on Ohio.
 - February 24th from 12:00-4:00 at Quick and Clean Laundromat on Crawford.

- **Transportation**

- Youth ages 7-18 will be able to purchase a Get On & Go Winter Youth Bus Pass for \$10. The pass will be good for unlimited rides on Salina CityGo from December 1st to February 28th. Youth must show the drivers their “Get On & Go” pass when they board the buses. Face masks and social distancing policies will be followed as needed.
- The Get On & Go Fall Bus Pass is available for purchase online on November 13th 2023, at www.salinacitygo.com and Buy A Pass, with options for pick up. They will also be available at the OCCK Transportation office, 340 N. Santa Fe, starting November 17th, 2023.
- The Winter Pass will also be available digitally in the Token Transit app. All OCCK Transportation services have a digital fare option.

SPIRIT NIGHT

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for Lakewood Middle School

Monday, March 4th 2024

5:00-7:00PM

Come out and support your school
during this time by telling the Team
Member at the register or in DT that you
are here for Spirit Night!



Chick-fil-A Salina
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